

For years, the idea of joining a gym was very intimidating. However, I was becoming increasingly more self-conscious about my appearance and knew that the only way to remedy this problem would be to bite the bullet and join a gym. Phoenix Fitness had been highly recommended and I now know why that is. Since becoming a member, I have been made to feel welcomed and comfortable in an environment that in the past has made me wary. The staff members make a point of greeting each person as they arrive, which really lends to the friendly environment. The most important part of my involvement in Phoenix Fitness has been with my personal trainer Kevin. Since the first day, Kevin has helped me set goals and worked with me planning different ways to achieve them. I look forward to my appointments with him because they are constantly different, keeping them exciting, and challenging. Each day words of encouragement and confidence are used which is personally very important in motivating me to work harder. Throughout each workout, Kevin displays an impressive knowledge of each machine, weight, and exercise used, educating me along the way. But perhaps most importantly, Kevin makes a point of remembering personal details about all of his clients, making them feel as if they are as important in his day as he is to theirs. Kevin is a great trainer and I look forward to my continued partnership with him!

Amy Larsen

A handwritten signature in cursive script that reads "Amy Larsen". The signature is written in black ink and is positioned below the printed name.